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# **Resilient Therapy as an Expansion of Counselling Services in Working with the Vulnerable Clients**

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# *Amalia Madihie*

PhD in Guidance & Counselling (Universiti Putra  
Malaysia, Malaysia)  
MSc in Professional Counseling (Lee University, USA)  
BSc (Hons.) Cognitive Science (Universiti Malaysia  
Sarawak, Malaysia)  
PGDip in Teaching & Learning (Universiti Malaysia  
Sarawak)

Registered Counselor/Kaunselor Berdaftar (KB) 0305  
Practice Certification/ Perakuan Amalan (PA) 0200  
Sidek's Psychological Testing Licensure (SPT)

Executive Member, PERKAMA International  
(Malaysia)

Executive Council (Asia Regiona), International  
Association for Counselling (IAC)

**Research Focus:** Counseling, Guidance, and  
Psychology & Experimental Research

**Niche area:** Resilience Studies, Children & Family,  
Resilient Therapy, Rational Emotive Behavior  
Therapy, Self-Concept & Personality Development,  
Cognitive & Affective



## **Career Achievements & Recognitions**

*Finalist Anak Sarawak Outstanding  
Achievement **2016***

*Silver Medal at Innovation & Technology  
(InTEX ) MALAYSIA **2016***

*Best Presenter at Psychology Day  
organized by Ministry of Education,  
MALAYSIA **2015***

*Bronze Medal at Sarawak Peers  
Colloquium **2015***

*Bronze Medal at 1<sup>st</sup> Malaysia International  
Counseling Conference **2014***

*Gold Medal at Innovation in Counseling  
**2013***

*Best Junior Researcher **2006***

# Overview

- Introduction
- Resilience Definitions & Theories
- Resilient Therapy
- Resilient Therapy Intervention (RT-I)
- Conclusion



Let's do some mind activity



# Introduction



*Jom tengok gambar!*



# Ordinary Magic

- Masten (2011) states that resilience is suatu '*ordinary magic*'

Resilience does not come from rare and special qualities, but from the everyday magic of ordinary, normative human resources in minds, brains and bodies of children, in their families and relationships, and in their communities (2001: 235)

Anak belajar dari kehidupannya  
Jika anak dibesarkan dengan celaan,  
Ia belajar memaki  
Jika anak dibesarkan dengan permusuhan,  
Ia belajar berkelahi  
Jika anak dibesarkan dengan cemuhan,  
Ia belajar rendah diri  
Jika anak dibesarkan dengan penghinaan,  
Ia belajar menyesali diri



Jika anak dibesarkan dengan toleransi,

Ia belajar menahan diri

Jika anak dibesarkan dengan dorongan,

Ia belajar percaya diri

Jika anak dibesarkan dengan pujian,

Ia belajar menghargai

Jika anak dibesarkan dengan sebaik-baik perlakuan,

Ia belajar keadilan

Jika anak dibesarkan dengan dorongan,

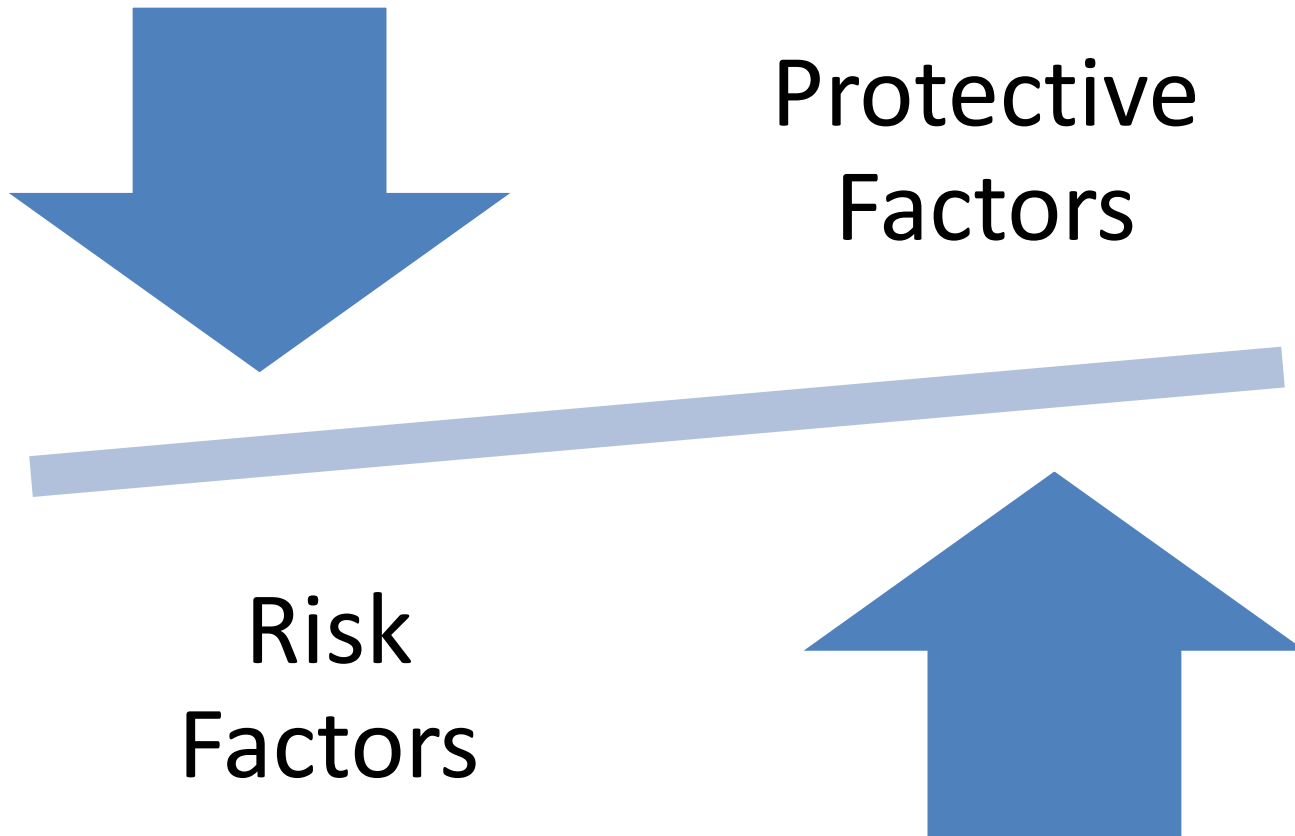
Ia belajar menyenangkan dirinya

**Jika anak dibesarkan dengan kasih sayang  
dan persahabatan, Ia belajar  
menemukan cinta**

Nolte, 1972



# Resilience Factors



# Resilience Definitions & Theories



# Resilient Therapy



# Resilient Therapy

- Introduced by Hart, Blincow, and Thomas (2007)
- Resilient Therapy presents a **strategic methodology** with its own frame of reference and practice methodology



# Explanation

- RT is strategic because it harnesses a number of therapeutic interventions into a coherent programme
- Core of RT:
  - Avoiding pathologising children, understanding how resilient mechanisms work in complex situations and building resilience (individual, family, organisational and community)

# The Noble Truths

## Accepting

- Starting point of children/families

## Conserving

- Any good that has occurred hitherto





# 4 Principle Keys: The Noble Truths

## Commitment

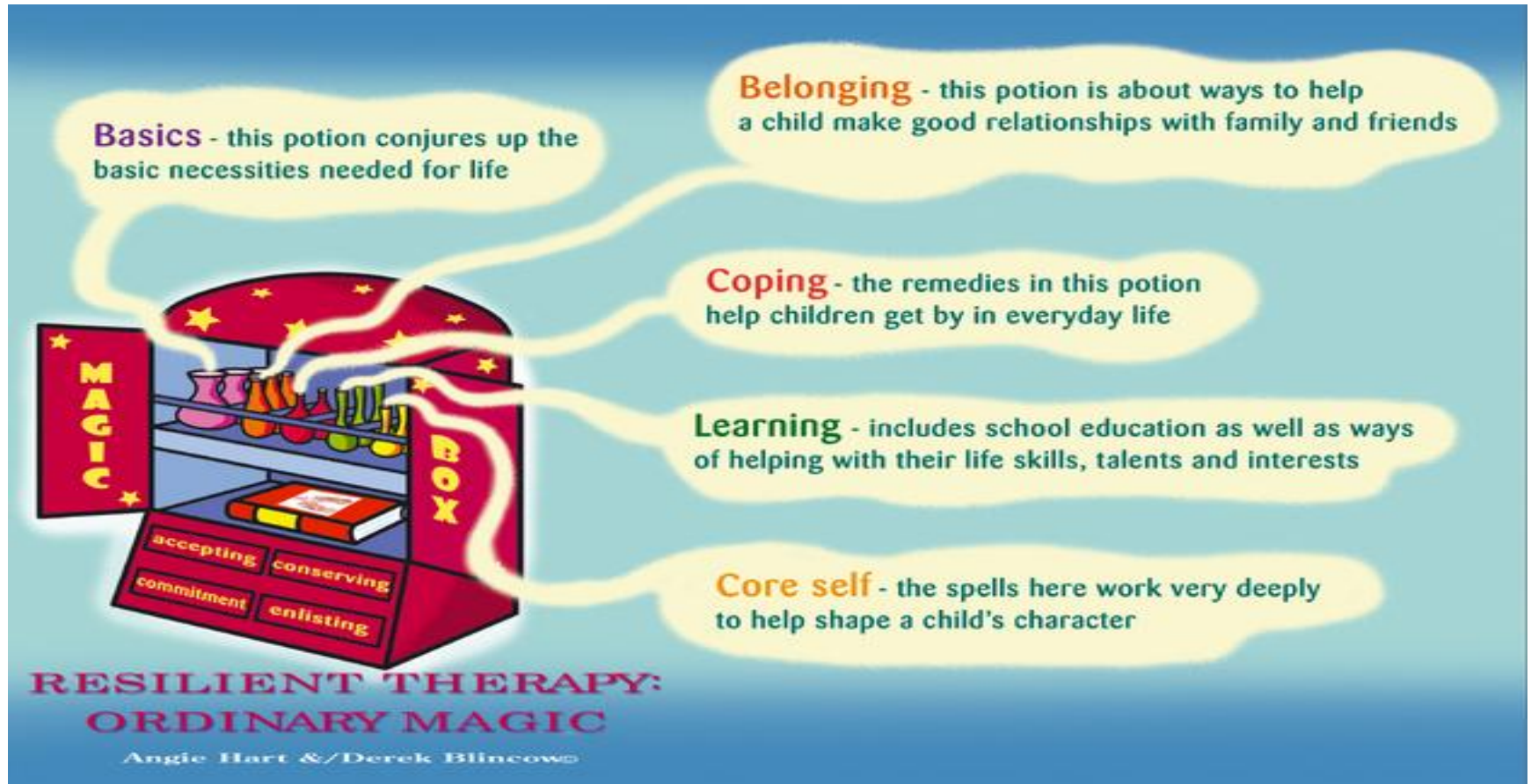
- Working with them over a sensible time period

## Enlisting

- Appropriate others to help (referral)



# The Magic Box Model



# The 'Remedies' of Magic Box



# **Resilient Therapy Intervention**

## as Counselling Technique ‘Expansion’



# Resilient Therapy Intervention (RT-I)

- Developed by Amalia Madihie et al. (2015)
- Based on the resilience framework: **The Magic Box Model** (Hart et al., 2007)
- Consists of eight (8) resilience interventions



# Development of RT-I

- Two methods:

## A. First Phase

Design and Development Research

## B. Second Phase

True Experiment with randomized subjects,  
the pretest and posttest and control group



# The Sidek Module Development Model

- An integration model which is more comprehensive in developing a module especially in counseling
- The first stage is a stage where a developer **prepares** a module draft.
  - Nine (9) steps



## Cont.

- The second stage of the SMDM is to **evaluate** the draft module
  - Pilot process: to ensure the validity and reliability of the module





# The Sidek Module Development Model



# RT-I

- Validity index: 0.83
- Reliability index: .96



# Current Resilience Research

Title:

Development of the Resilience Assessment  
Tool and a Cross-Cultural Investigation of  
the Resilience Framework through Q-  
Methodology

Collaboration of Countries: England, Malaysia, & Turkey  
(University of Brighton, Boingboing Social Enterprise, Newport-Mind  
a health organization in South Wales, University of Malaysia-Sarawak,  
and Mustafa Kemal University in Turkey)

# Main Aim of Research

- To develop an **assessment tool** of RF that is inclusive
  - a) accessible to individuals with complex needs;
  - b) that can reflect multiple perceptions including both self-report and other-report;
  - c) that can be used for both research and practice purposes;
  - d) that can provide both breadth and depth of resilience knowledge; and that is available in multiple languages

## Specific Objectives

- **Objective 2.** To adapt RF for non-Western life orientations where overcoming and challenging adversity conditions might require different practices than those in Western cultures, due to traditional cultural norms and different nature of social services

# Specific Objectives

- **Objective 3.** To conduct cross-cultural adaptation of the RF assessment tool



# Methodology

- Q-Methodology
  - offers a rigorous alternative to the typical survey format of assessing resilience with a powerful statistical mechanism in its background and offering an integration of both qualitative and quantitative methods



# Q-Methodology (Q)

- The scientific of human subjectivity (their view)
- Q Methodology (Q) is a complete methodology which involves technique (sorting), method (factor analysis), philosophy, ontology, and epistemology



# Conclusion



# Resilience in Asia .. An Invitation

- For future collaboration,  
counsellors/practitioners are recommended  
to focus on
  - a) Individual Differences**
  - b) Culture & Norms**
  - c) Mechanism & Process**



Thank you for Your Attention

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